

Publikationen der Buchinger Wilhelmi-Kliniken

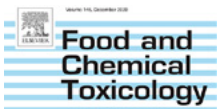


Eine aktuelle Liste der Publikationen der Buchinger Wilhelmi-Kliniken, inklusive einer kurzen Zusammenfassung, finden Sie auf unserer Website: www.buchinger-wilhelmi.com/publikationen-der-buchinger-wilhelmi-kliniken



Blood pressure changes in 1610 subjects with and without antihypertensive medication during long-term fasting

Franziska Grundler, Robin Mesnage, Andreas Michalsen, Françoise Wilhelmi de Toledo.
JAMA, 2020.



Interplay between oxidative damage, the redox status, and metabolic biomarkers during long-term fasting.

Franziska Grundler, Robin Mesnage, Nikolaos Goutzourelas, Fotios Tekos, Sortiria Makri, Michel Brack, Demetrios Kouretas, Françoise Wilhelmi de Toledo.
Food and Chemical Toxicology, 2020.



Influence of Long-Term Fasting on Blood Redox Status in Humans.

Françoise Wilhelmi de Toledo, Franziska Grundler, Nikolaos Goutzourelas, Fotios Tekos, Eleni Vassi, Robin Mesnage, Demetrios Kouretas.
Antioxidants 2020, 9, 496.



Unravelling the health effects of fasting: a long road from obesity treatment to healthy life span increase and improved cognition.

Françoise Wilhelmi de Toledo, Franziska Grundler, Cesare R. Sirtori, Massimiliano Ruscica.
Annals of Medicine, 2020.

Chemical-Shift-Encoded Magnetic Resonance Imaging and Spectroscopy to reveal immediate and long-term multi-organs composition changes of a 14-days periodic fasting intervention: a technological and case report.

Magalie Viallon, Leporq, B.; Stefan Drinda, Françoise Wilhelmi de Toledo, Galusca, B.; Ratiney, H.; Pierre Croisille.
Frontiers in Nutrition, 2019, 6, 5.

Changes in human gut microbiota composition are linked to the energy metabolic switch during 10 d of Buchinger fasting.

Robin Mesnage, Franziska Grundler, Andreas Schwiertz, Yvon Le Maho, Françoise Wilhelmi de Toledo.
Journal of Nutritional Science, 2019, 8.

Effects of Periodic Fasting on Fatty Liver Index—A Prospective Observational Study.

Stefan Drinda, Franziska Grundler, Thomas Neumann, Thomas Lehmann, Nico Steckhan, Andreas Michalsen, Françoise Wilhelmi de Toledo.
Nutrients, 2019, 11(11), 2601.

Safety, health improvement and well-being during a 4 to 21-day fasting period in an observational study including 1422 subjects.

Françoise Wilhelmi de Toledo, Franziska Grundler, Audrey Bergouignan, Stefan Drinda, Andreas Michalsen.
PLoS One, 2019, 14(01).

Frühere Publikationen

Fasting therapy-an expert panel update of the 2002 consensus guidelines.

Wilhelmi de Toledo, F.; Buchinger, A.; Burggrabe, H.; Hölz, G.; Kuhn, C.; Lischka, E.; Lischka, N.; Lützner, H.; May, W.; Ritzmann-Widderich, M.
Forschende Komplementärmedizin/Research in Complementary Medicine 2013, 20, 434-443.

Fasting followed by vegetarian diet in patients with rheumatoid arthritis: a systematic review.

Müller, H.; Wilhelmi de Toledo, F.; Resch, K.-L.
Scandinavian journal of rheumatology 2001, 30, 1-10.

Le conseil nutritionnel du patient en cure.

Wilhelmi de Toledo, F.
La Presse thermale et climatique 1999, 136, 231-235.

Relationship between the rate of weight loss in a low caloric diet (250 kcal/day) and age, body mass index, gender, and number of fasting cycles.

Brubacher, D.; Jordan, P.; Wilhelmi de Toledo, F.; Brubacher, G.
Aktuelle Ernährungsmedizin 1999, 138-142.

Prediction of Weight Development on a 250 kcal/day Diet by a Simple Two-Compartment Model.

Brubacher, D.; Jordan, P.; Wilhelmi de Toledo, F.; Brubacher, G.
Aktuelle Ernährungsmedizin 1998, 23, 293-298.

The Klinik Buchinger Programme for the treatment of obesity.

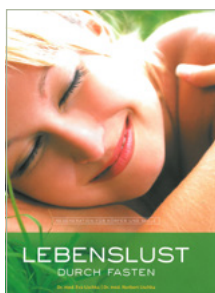
Wilhelmi de Toledo, F.; Friebe, R.; Hebisch, D.; Kuhn, C.; Platzer, G.; Scharg, S.
Obesity in Europe 1993, 289-293.

Weiterführende Literatur zum Thema Fasten



Buchinger Heilfasten – Die Original-Methode

Dr. Françoise Wilhelmi de Toledo, Trias (2010)
ISBN-10: 3830435398 (nur noch als E-Book lieferbar)
Neuaufgabe erscheint voraussichtlich 2021



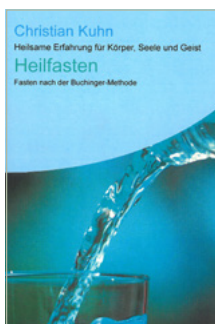
Lebenslust durch Fasten. Regeneration für Körper und Seele

Dr. Eva Lischka, Ludwig Auer Verlagsservice (2005)
ISBN-10: 3000155082



Das Heilfasten und seine Hilfsmethoden als biologischer Weg

Dr. Otto Buchinger, Hippokrates Verlag (2005)
ISBN-10: 3830453159



Heilfasten. Fasten nach der Buchinger-Methode

Dr. Christian Kuhn, Herder (2003)
ISBN-10: 3451053756



Otto Buchinger – Ein Leben für das Heilfasten

Helmut Klepzig, Gessler (2000)
ISBN-10: 3861360551